

K a t e L o y e ~ Celestial Shamanism - Healing Arts

nurturing mind ~ body ~ spirit

845-255-4211 ~ 914-388-6419 cell

by appointment: New Paltz and long distance phone sessions

ALCHEMY BREATH -- TRANSMUTING PAIN ~ MEDITATION / SELF PROCESS

Take a deep breath and relax throughout your body.

Connect to your inner core and take a deep breath, breathing breath into your interior from your head to your toes.

Invite in help from your personal guides and higher wisdoms.

Focus on your **intention**; emotional, physical and/or spiritual issue or block.

Locate the place in your body where tension is held in direct relation to this intention/problem.

Breathe INTO the **pain**, into the consciousness of the pain in an accepting and understanding way. (It is important to allow/INVITE the pain information and not to push it away or down)

Let the pain **reveal** itself to you, let it know you care and are accepting it and curious to understand its higher learning for you;

How does the pain serve you? _____

When you understand all there is to understand, and how it has served you, thank it for protecting you from feeling the depth of the deeper pain and let it know you no longer need its help.

----- **Breathe out** the pain, fully and **FILL** where it was with a **colored light** of your choice.

(The Universe must fill a void)

Feel the expansion, allow the expansion and light to fill each molecule of your physical and subtle bodies. Breathe in any **positive unifying** understanding/wisdom, and let the new conclusion resonate! Feel the new conclusion.

As closure, **Honor** yourself for your work for your highest good, **forgive** all involved, and **thank** yourself and the guides and higher wisdoms that assisted you.

Note any understanding/wisdom and use as an **affirmation** daily.

Drink fluids to help with the detoxifying process, be kind and gentle with yourself, allow time to process, journal, and integrate. Observe in your life how you hold tension and stress, observe how you choose to cope. Do you have a new option? Another door to go thru, instead of the old non-serving door?

Blessings, Kathryn Loye